



Fall Quarterly Update

For 2019-2020 Freshmen

Making School Count

- **Create a 4-Year Plan.** A high school plan is an essential tool for making the most of your high school years and maximizing your college options. Having a plan involves setting goals and checking progress each semester on academics and activities, college search and applications, and college admissions tests. For more information on college planning, visit the Campus Explorer's overview for [College Planning in High School](#) and the College Board's "[How to Start Planning for College in 9th Grade](#)".
- **Academics matter – start strong!** Course choices and grade point average (GPA) are two of the most important factors for college admissions. A student's GPA accumulates semester by semester, and every semester counts! Samantha Lindsay at PrepScholar discusses [what GPA means](#) and Peterson's provides further insight about [how colleges use GPA in admissions](#).
- **Academics matter for athletes, too.** USA Today and its partner, Placed, describes [why academics matter in recruiting](#), and why athletes who want to play college sports should pay attention to their coursework and GPA in high school.
- **How to succeed in your first AP class.** College admissions officers want to see that you challenged yourself academically, and Advanced Placement (AP) classes are one of the best ways to do this. AP classes are more rigorous and move at a faster pace, and can therefore challenge students' organization and time management skills as well as their academic abilities. Here are some [tips on how to succeed in your first AP class](#).
- **Extracurricular activities –quality over quantity.** Admissions officers also want to know what you do with your free time outside of the classroom. If you don't yet know your passion, your freshman year is a great time to explore. As you do, keep in mind that colleges look for quality over quantity (or, depth over breadth) when it comes to extracurricular activities. [Jeff Brenzel, Dean of Undergraduate Admissions at Yale University](#) and [Wendy Nelson \(My Kids' College Choice\)](#) discuss what colleges look for in extra-curricular activities.

Looking Ahead to College

- **Discover the benefits of college.** Studies show that a college education has positive benefits for wealth, security, health, family, and community. This poster summarizes the five powerful ways a college degree can [transform your life and lifestyle](#).
- **Is freshman year too early to start college planning?** While it's too early to apply to college or prepare for standardized tests, there are concrete things you can do now to begin preparing for college – professionals at College Vine discuss the [benefits of early planning](#).

Careers & Majors

- **Explore career paths.** You don't have to wait for college to begin thinking about possible careers. Discover careers you've never considered or learn more about careers that are already interesting using this easy-to-navigate website to explore [20 different career fields](#) with information about jobs, work environments, salaries and education or training paths.

Finding Colleges for You

- **Attend a college fair.** College fairs are an efficient way to explore colleges and talk informally with admissions representatives. [National College Fairs in the Pacific Northwest](#) are offered in late October and early November this year (scroll down to find Fall college fairs in Washington and Oregon). The [Portland National College Fair](#) will be held October 27-28, [Seattle's National College Fair](#) will be held on November 1-2, and [Spokane's National College Fair](#) will be held November 5. All are free to the public.
- **Pacific Northwest College Fair.** The Pacific Northwest College Fair featuring regional colleges along with military and other post-secondary training options will be in high schools across the Tri-Cities during the week of **October 21-26** (see our Calendar for a list of school fairs).

Paying for College

- **Get the facts about paying for college.** Learn the basics about paying for college so you and your family can get the most money for college. Here are [7 Things You Need to Know About Financial Aid](#) from the College Board.

Mark Your Calendar!

- **October 16, 2019, 6:00pm – Finding your perfect college.** *Sage College Prep Services* is partnering with Gesa Credit Union to present the second of a 4-part seminar series on college planning. The next two seminars will be on **November 6** (Assembling a Successful College Application) and **December 4** (Paying for College). The seminars are free and open to the community, but space is limited – [use this link to register](#), scroll to the Sage seminar, and click the registration button to sign up.
- **October 22-26, 2019 Northwest Region College & Career Expo.** Representatives from multiple colleges, the military, and other post-secondary careers will be available for informal conversations with students and families at high schools throughout the Tri-Cities on this schedule: Chiawana (10/21 8am-2pm and 6-8pm), Kennewick (10/22 7:30am-2:30pm), Richland (10/22, 6-8pm), Southridge (10/23 in the morning), Hanford (10/23, 6-8pm), Kamiakin (10/24, 8am-1:30pm), Pasco (10/24, 5-7pm), and Delta (10/25 in the morning), culminating in a final College Fair on Saturday, October 26, 12-3pm at Chiawana.
- **October 27-28, 2019 – Portland National College Fair.** [Portland's National College Fair](#) offers a free weekend option for those who can't attend the fair in Spokane on November 5.
- **October 30, 2019, 6-8pm – Planning for College, Part 1.** Cathy McMeeken, McMeeken College Consulting, will present livestream on "7 Top Myths in College Admission" and Rich Quadrel, Sage College Prep Services, will present on "Six Key Strategies to Achieve Your Best Score on the SAT or ACT." The session is sponsored by Angie Furubotten-LaRosee, Avea Financial Planning, in partnership with Kennewick Community Education, and will be held at Kamiakin High School, Room 440. [Register here](#).
- **November 1, 2019 – End of 1st Quarter for most area schools.** This is a good time for students to check their grades, and consider whether they need to make changes in order to meet their GPA targets.
- **November 1-2, 2019 – Seattle National College Fair.** [Seattle's National College Fair](#) offers another free weekend option.
- **November 5, 2019 – Spokane National College Fair.** The [Spokane National College Fair](#) is free and open to the public!
- **November 6, 2019, 6-8pm – Planning for College, Part 2.** Barak Rosenbloom, Essay Mentors, will present livestream on "Discover 7 Secrets for a Great College Essay" and Rich Quadrel, Sage College Prep Services, will present on "Paying for College: 5 Steps to Take Control." The session

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